



If you're trick or treating...

Os ydych chi'n mynd i chwarae cast neu geiniog...

Think ahead!

- ✿ Plan your route before you leave the house and make sure a responsible adult is with you. Tell your parents where you are going.
- ✿ Be careful crossing roads in the dark – carry a torch to help you. Wear reflective or light-coloured clothing to help people and car drivers to see you.
- ✿ Respect that some people don't want callers. If there are signs saying 'No Trick or Treaters', then move on to the next house!
- ✿ Don't eat any sweets which have already been opened or unwrapped.

Meddyliwch ymlaen!

- ✿ Cynlluniwch eich taith cyn gadael y tŷ a gwnewch yn siŵr bod oedolyn cyfrifol gyda chi. Rhowch wybod i'ch rhieni lle rydych chi'n mynd.
- ✿ Byddwch yn ofalus wrth groesi'r ffordd yn y tywyllwch – ewch â thortsh gyda chi. Gwisgwch ddillad adlewyrchol neu liw golau fel bod pobl a gyrwyr yn gallu eich gweld.
- ✿ Parchwch y ffaith nad yw pawb eisiau i bobl alw. Os oes arwyddion yn dweud 'Dim Cast neu Geiniog/No Trick or Treaters', ewch ymlaen i'r tŷ nesaf!
- ✿ Peidiwch â bwyta unrhyw losin sydd wedi cael eu hagar yn barod.

...with Type 1 Diabetes!

- ☸ Are you wearing a costume? Make sure you can easily reach your insulin pump, CGM or Flash sensor without having to get undressed!
- ☸ Carry your Type 1 diabetes kit with you, so you can check your blood glucose if you feel a bit low, or if you've eaten some sweets. Remember your blood glucose can really swing when you're having fun!
- ☸ Remember to carb-count the sweets you've eaten!
- ☸ Trick or treating is exercise! Your insulin needs could change if you are doing more walking than you normally do. Remember this if you are injecting or making adjustments on your pump.
- ☸ You may find the weather affects your insulin use as well - particularly if it's cold!



Tell us your Trick or Treat Tales - send us a photo on Twitter @CYPDN_Wales @BeyondType1 We want to see your costume (and your piles of sweets!) #LiveBeyond

...gyda Diabetes Math 1!

- ☸ Ydych chi'n gwisgo gwisg arbennig? Gwnewch yn siŵr bod modd i chi gael gafael ar eich pwmp inswlin, Monitor Glwcos Parhaus neu Synhwyrdd Fflach yn hawdd heb orfod dadwisgo!
- ☸ Ewch â'ch pecyn diabetes Math 1 gyda chi, fel bod modd i chi wirio lefelau glwcos yn y gwaed os ydych yn teimlo ychydig yn sigledig, neu os ydych wedi bwyta losin. Cofiwch y gall lefelau glwcos yn y gwaed newid yn sylweddol pan fyddwch yn cael hwyl!
- ☸ Cofiwch gyfrif carbohydradau'r losin rydych wedi'u bwyta!
- ☸ Mae mynd i chwarae cast neu geiniog fel gwneud ymarfer corff! Gallai eich anghenion inswlin newid os ydych yn cerdded mwy na'r hyn rydych yn ei wneud fel arfer. Cofiwch hyn os ydych yn chwistrellu neu'n addasu eich pwmp.
- ☸ Efallai y bydd y tywydd yn effeithio ar eich defnydd o inswlin hefyd - yn enwedig os yw hi'n oer!

Dwedwch eich hanesion Cast neu Geiniog wrthym - anfonwch lun ar Twitter @CYPDN_Wales @BeyondType1

Rydym eisiau gweld eich gwisg (a'ch pentwr o losin!)

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Candy Carbohydrate Table

Tabl Carbohydradau Losin



Sweets Losin	Weight Pwysau	Carbohydrates Carbohydradau	Carbs per 100g Carbohydradau fesul 100g
Bassett's Creepy Chews	4.9g per sweet / fesul losinen	4.1g	84g
Butterkist toffee popcorn	20g	16g	80.1g
Cadbury chocolate buttons	30g	17g	57g
Cadbury's Caramel Freddo	19.5g	11.5	59g
Cadbury's Freddo	18g	10.1g	56.5g
Cadbury's Heroes	-	-	65g
Candy sticks Ffyn Candi	15g	14.4g	95.8g
Celebrations	27.3g "portion"	17.1g*	62.5g*
Chupa Chups "mini" lollies	6g	5.8g	96g
Chupa Chups lollies (including "sugar free") (gan gynnwys rhai di-siwgr)	12g	11.5g	96g
Lolis Drumstick Lollies	7g	6.2g	87.9g
Drumstick Squashies	-	-	82.1g
Fruit-tella Magics	-	-	83g
Fruit-tella Mini-stix	12g bar	8.3g	69g
Fruit-tella Zoo Mania	-	-	83g
Haribo Party Selection	16g	12.5g	78g
Haribo Starmix - "Mini Bag"	16g	12.3g	77g
Haribo Super Party	16g	12.5g	78g
Haribo Tangfastics	16g	12.8g	80g
Bar Kinder Chocolate bar	12.5g	6.7g	53.5g
Kinder Happy Hippo	20.7g (1 hippo)	11.1g	53.6g
Love Hearts mini roll	Tua 10g approx	8.7g	87.6g
M&Ms - choc fun-size bag cwdyn 'fun-size' siocled	20g	14g	70.2g
M&Ms - peanut fun-size bag cwdyn 'fun-size' cnau mwnci	20g	11.8g	59.2g
Maoam Maomix	-	-	84g
Maoam Bloxx	22g (1 Bloxx)	18.5g	84g

Sweets Losin	Weight Pwysau	Carbohydrates Carbohydradau	Carbs per 100g Carbohydradau fesul 100g
Mars – fun-size	18g	12.8g	70.9g
Milky Way – fun-size	15.5g	11.4g	73.4g
Milky Way Crispy Rolls	25g (2 roll pack / pecyn 2 rhôl)	16g	64.2g
Milkybar	12g	6.4g	53.1g
Milkybar Wowsomes milk & white chocolate siocled llaeth a gwyn	18g	7.9g	43.7g
Milkybar Wowsomes milk chocolate siocled llaeth	18g	7.8g	43.2g
Rainbow Drops	10g	8.8g	88.7g
Skittles – fun-size bags cwdyn 'fun-size'	18g	16.3g	90.8g
Smarties	17 sweets / losin	13.9g	69.6g
Starburst	5g (1 sweet / 1 losinene)	4.2g	83.9g
Twix – fun-size	20g	13g	64.9g

Missed a sweet off this chart?

**Tell us what we missed and we
will add it for next year.**

Email us on:
cyp.diabetesnetwork@
wales.nhs.uk



Ydyn ni wedi anghofio cynnwys unrhyw losin ar y siart?

**Rhowch wybod i ni ac fe wnawn
ni eu cynnwys y flwyddyn nesaf.**

E-bostiwch ni ar:
cyp.diabetesnetwork@
wales.nhs.uk



Produced by The Children and Young People's Wales Diabetes Network with the support of Beyond Type 1. These measurements are provided as a guide. Please note that bag and serving sizes may change. Carbohydrate content is listed as indicated in information provided by manufacturers. The Children and Young People's Wales Diabetes Network can take no responsibility for the accuracy of information provided by manufacturers.

www.beyondtype.org #LiveBeyond

Cynhyrchwyd gan Rwydwaith Diabetes Plant a Phobl Ifanc Cymru gyda chefnogaeth Beyond Type 1. Darperir y mesuriadau hyn fel canllaw yn unig. Nodwch y gall maint bagiau a phwysau newid. Rhestrir y cynnwys carbohydrad fel y nodir yn y wybodaeth a ddarperir gan y gweithgynhyrchwyr. Ni all Rhwydwaith Diabetes Plant a Phobl Ifanc Cymru gymryd unrhyw gyfrifoldeb am gywirdeb y wybodaeth a ddarperir gan y gwneuthurwyr.

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